

The SHEPPARD SENATOR

Sheppard Air Force Base, Texas, home of the 82nd Training Wing and 80th Flying Training Wing

In the news

New nametag guidance comes out

Effective Jan. 1, the nametag must be worn on the wearer's right side of the service dress jacket with the bottom of the nametag level with the bottom of the ribbons. It should be centered between the sleeve seam and the lapel.

If a duty badge is worn on the wearer's right side of the service dress jacket, men will center the badge a half-inch below the new nametag; women will center the badge a half-inch above the new nametag. Command insignia, if worn, should be either a half-inch above or below the nametag and the duty badge is worn either a half-inch above or below the command insignia.

When the maternity jumper is worn as the maternity service dress, the nametag should be centered on the right side and placed even to, or 1 1/2 inches higher or lower than, the first exposed button.

The nametag will also be worn on all pullover sweaters on the wearer's right side with the bottom of the nametag level centered between the middle of the sleeve seam and the seam of the neckline. It will not be worn on the cardigan sweater.

Lunch 'n Learn Wednesday

Retired Chief Master Sgt. Terry Savoy will be the guest speaker at the Lunch 'n Learn Wednesday at 11 a.m. in the officers club.

No Senator Dec. 26 or Jan. 2

There will not be a publication of the *Sheppard Senator* Dec. 26 or Jan. 2 due to Christmas and New Years.

Please plan accordingly.

100 years of flight

Wednesday marks century of powered flight

By Col. H.D. Polumbo Jr.

80th Flying Training Wing commander

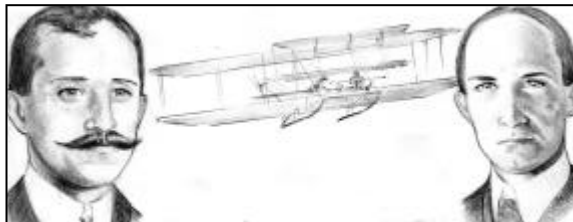
Dec. 17 marks the 100th anniversary of the Wright Brother's historic flight at Kitty Hawk, N.C.

This first foray into powered flight opened the floodgates of aircraft innovation that has dramatically changed the course of human history.

Our ability to fly has led to commercial air transportation, quick delivery of mail, commerce and communication at rates never before possible in human history. Airpower has shaped warfare, improved our understanding of weather, and exponentially increased our ability to transport supplies and personnel around the world.

The Wright Brothers also helped give life to the United States Air Force. For some, our birth as a separate military branch was a long time coming...General Billy Mitchell, for one, envisioned a separate branch for airpower decades before the rest of the military establishment caught on.

I hope you'll take this salute to aviation history as a chance to read through the volumes of free literature our Heritage Center and other agencies have provided to educate people on the significance of airpower.



Courtesy U.S. Air Force

Powered flight began its progression to today's aircraft 100 years ago when the Wright Flyer, above, took to the skies at Kitty Hawk, N.C., in 1903.

By understanding how far we've come in only 100 years, you're sure to understand that the Air Force is a dynamic and ever-changing career. It's exciting to think what will develop during an airman's career—20 years doesn't seem so long after all!

If you were to ask a pilot from the Vietnam era to describe aerial combat 30 years later, there's no way he could have thought that we'd be flying aircraft that could evade radar entirely, drop 20 precision bombs on 20 separate targets with pin-point accuracy, communicate world-wide, change targets mid-mission and fly almost 9,000 miles

unrefueled.

All this while operating within maintenance and accident rates that are far superior to the statistics regularly accepted in the 1970's. The Air Force is getting better and better at everything we do...flying faster, farther, safer and more accurately; our continuous transformation is incredible.

Today we train on technology the Wright Brothers could never have imagined would be developed. In fact, their first flight could have easily fit inside one of our hangars or parking lots! The amazing leaps forward that our military makes every few years are the transformations our instructors and students embrace in our classrooms today.

I firmly believe that every airman at Sheppard is a pioneer in aviation. We're changing the world every time we depose a dictator, drop humanitarian aid, photograph an event or transport personnel far from home. Our students leave here and quickly become part of "the next big thing." Airpower is shaping history...and airpower starts at Sheppard.

As we watch the flyby on Dec. 17, remember that airpower history is being made right here at Sheppard everyday—and you are leading the way!



Photo by Senior Airman Kenny Kennemer

Orville and Wilbur Wright's dream of powered flight has evolved into the F/A-22 Raptor, the newest in aviation technology.



Team Sheppard Training 2003



82nd Training Wing: 76,319 students trained to replenish America's combat capability

80th Flying Training Wing: 177 combat pilots trained for the NATO Alliance





Photo by Ms. Sandy Wassenmiller

Mr. Larry Gunnell, a major with the Civil Air Patrol, accepts a letter of appreciation from Brig. Gen. Arthur Rooney, Jr., 82nd Training Wing commander, recently.

Action Line 6-2000, action.line@sheppard.af.mil

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have.

I am personally involved in every reply, and I am committed to making Sheppard Air Force Base a better place to live, work and play.

Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 6-2000, or send an e-mail to

action.line@sheppard.af.mil. Please include your name and telephone number.

Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.

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Check cashing policy at the commissary

Question: I am from McGuire Air Force Base, N.J., and staying in base billeting. I tried to cash a check at the commissary and was told that a local address was required. I have a McGuire address and squadron info printed on my checks. Can you please verify the check cashing policy for me?

Answer: Thank you for bringing this matter to our attention.

Unfortunately, the cashier who waited on you did not give you the correct information. Current rank, squadron, and contact address must be on all checks.

In this particular circumstance, your McGuire address and an annotation that you are TDY would have been sufficient.

We will take this opportunity to retrain all of our customer service representatives on the proper procedures and requirements for this service. Thank you again for bringing this matter to my attention and thank you for shopping at your Sheppard commissary.

Why Was I Ticketed?

Question: I live at the back of a cul-de-sac in Wherry Housing. There are all types of vehicles that drive on the grass in that area. I've received two tickets because I have parked my vehicle on the grass to unload my groceries. Someone even came and took pictures. I want to know why pictures

were taken and if everybody else can drive up on the grass (tractors and other government vehicles), why can't I pull up my vehicle to unload my groceries?

Answer: Good question and let me explain. Whenever housing inspectors observe occupants parked in prohibited areas they issue a discrepancy ticket.

The Housing Guide prohibits parking on grass, seeded areas, or any undesignated off-street area. Occupants can be held responsible for broken sewer, water or gas lines resulting from driving over them.

Also, continuous driving on a seeded area will result in ruts in the lawn.

When numerous tickets are written and the occupant is not responding to the write-up, the inspector takes pictures to send to the military member's first sergeant.

There are, in fact, times when it is necessary for civil engineers and contractors to drive on seeded areas to maintain or repair utility systems. In these cases, they are responsible for any damages that occur.

Crossing guard for Sheppard Elementary

Question: I was wondering if there was any way to get a crossing guard posted at the Sheppard Elementary crosswalk located at Nehls and Anderson. Children trying to cross the street cannot see around the parked cars.

I feel like this is a safety concern and that one day a child will be hit by a car.

I have talked to the school principal and she says she

has been working on this for a while and just can't seem to get anyone to help her.

We have been at other bases where they have had SFS crossing guards and I was wondering if that could happen at Sheppard.

Answer: Thanks for your concern. A teacher at Sheppard Elementary approached us regarding assistance with the crossing guard issue. We initiated a patrol to monitor the area from 7:50 to 8:15 a.m. and 3:20 to 3:35 p.m., during school days. On occasion, my operations staff checked the intersection personally.

On one of the checks, they took a Department of Public Safety trooper with them. Sheppard Elementary, even though on the installation, falls under the auspices of the Wichita Falls school district.

Neither the DPS trooper nor our flight chiefs feel that the intersection is busy enough to require a paid crossing guard or law enforcement patrol to monitor; however, we did recommend the following:

The school get parents involved.

The school implements a student crossing guard program. Students will be trained by DPS as well as Security Forces (this is a great way to teach responsibility and safety to kids leaving 6th grade for middle school)

Attempt to have a 4-way stop sign and/or speed bumps established on that intersection. (SFS is completing the civil engineer work order at this time)

However, inquiry about the possibility of hiring a paid guard will be made.

SHEPPARD SENATOR

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82nd Training Wing commander

Brig. Gen. Arthur Rooney Jr.

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Team Sheppard shines at CONEX

By Airman Jacque Lickteig

Base public communication

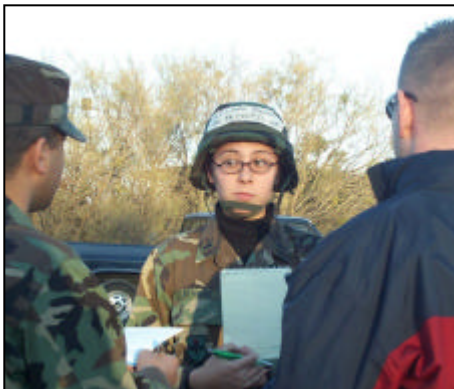
More than 145 Sheppard personnel tested their communication, tactical and leadership skills in a Contingency Exercise Monday through Wednesday at the medical readiness site.

Led by Col. Beverly Wright, 82nd Mission Support Group commander, players of the exercise responded around the clock to about 75 humanitarian mission scenarios, including protestors, explosions, rebel attacks, mortar attacks, chemical attacks, media queries and more.

The exercise simulated what a real world deployment would be like. Players slept on cots, ate meals-ready-to-eat, and carried nuclear, biological and chemical warfare gear. They worked in "hazardous" conditions.

The purpose of the exercise was to prepare Sheppard personnel for upcoming deployments, Colonel Wright said.

"This has been a great opportunity for folks to get realistic training for wartime," Colonel Wright said. "Our goal is to ensure our folks who deploy this coming spring are trained in the best manner possible."



Photos by Airman Jacque Lickteig

Above, 1st Lt. Laura Renner, a public affairs officer, answers media questions during the Contingency Exercise held at the medical readiness training site. Right, Airman Elliot Guenard, 82nd Security Forces Squadron, puts the enemy in his sight during a gunfight at the CONEX.

Capt. Gloria Ensser, head of the exercise evaluation team, said those tasked with participating in the mock deployment responded as they've been trained.

"Everybody reacted to the scenarios as they would have in a

real wartime situation," she said.

Airman Jessica Harrell, a trainer from the 82nd Civil Engineer Readiness Flight, said the CONEX provided great training because she was able to experience firsthand what she teaches everyone else.



Captain Ensser said the EET, which consisted of about 20 people, created the scenarios based on real deployment experience and wartime training.

"I based a lot of the scenarios on my experiences at Phoenix Readiness Training and deployment experiences," she said.

Colonel Wright applauded the EET for making the scenarios life-like.

"The scenarios are very realistic," she said. "(EET) has done a great job closely simulating what military members could encounter in a contingency operation."

This year's scenarios are more complex than last year's. Lt. Col. Richard Schwing, EET member and last year's CONEX commander, said. This is

because more than twice as many people were involved in this CONEX than last year's, and more career fields were involved.

Even though the scenarios were more complex, the players responded well to them, Colonel Schwing said.

This year's CONEX went well, Colonel Schwing said.

"Last year, we were at a crawl. This year, we're walking. Next year, I hope we'll be running with it," he said.

"The CONEX has been a success," Colonel Wright said. "One of the reasons it was such a success was the support the medical readiness folks gave. They have done an outstanding job making sure we have what we need for the CONEX."

CSAF signs AF Basic Doctrine

WASHINGTON – The service's core document outlining the enduring basics of air and space power has been revised and hard copies will be in the hands of every officer and top-three noncommissioned officer by spring 2004.

Air Force Chief of Staff Gen. John P. Jumper approved the latest revision to Air Force Doctrine Document 1, Air Force Basic Doctrine, during a doctrine review at Maxwell Air Force Base, Ala.

General Jumper, Secretary of the Air Force Dr. James G. Roche, and commanders of major commands met at Maxwell for Doctrine Summit IV. The summit is a periodic meeting of the senior Air Force leaders to review operational-level doctrine in light of recent contingencies and events.

The document is the source for enduring basics such as the principles of war, tenets of air and space power, and functions of air and space power. The revised version also updates the discussion on core competencies and distinctive capabilities, and it adds new text on the linkage between vision, operating con-

cepts and doctrine.

Overall it has been substantially restructured for better readability and updated to include references to operations Enduring Freedom and Iraqi Freedom, officials said.

The Air Force Doctrine Center's commander, Maj. Gen. David MacGhee, explained the importance of the changes within the revised document.

"We all realize that 9-11 changed the world forever," General MacGhee said. "The old construct I grew up with...is very much an old construct. I think we've made great progress through lessons learned from Afghanistan, something we did not plan for, or train for."

Retired Lt. Col. Bob Poyner, a military doctrine analyst at the center, explained the revisions.

With General Jumper's signature, the document was approved for release. It is available for download from the AFDC Web site at <https://www.dctrine.af.mil>. Hard copy publication will follow. Professional military education schools will begin teaching from it soon.

SNCO study references combine

RANDOLPH AIR FORCE BASE, Texas (AFPN) – Master sergeants and senior master sergeants studying for promotion in 2005 will have a combined study reference because of feedback to the Air Force Occupational Measurement Squadron here.

The consolidation of the Promotion Fitness Examination Study Guide and Supervisory Examination Study Guide into one reference is the result of an ongoing feedback process from the field squadron officials maintain.

Turning Air Force Pamphlet 36-2241 Volumes 1 and 2 into one book to aid senior noncommissioned officers studying for promotion also saves the Air Force \$44,000 in production costs, squadron officials said.

In August, 22 changes based primarily on feedback were grouped into special-interest items and presented at the Military Knowledge and Training System Advisory Council workshop. The council included Chief Master Sgt. of the

Air Force Gerald R. Murray and command chief master sergeants for the major commands.

Another significant change adopted is a new chapter devoted to effective studying. Studying tips previously were included in the communications chapter at the very end of the PFE and were often overlooked. In the 2005 edition, that topic will be introduced in Chapter 1.

Some of the other changes include a rewritten communications chapter with updated information, a more user-friendly CD-ROM with the table of contents hyperlinked to each chapter, and a change to the chapter sequence so information flows better. A section on all of the former chief master sergeants of the Air Force and a rewritten leadership chapter to match what is taught in professional military education and college courses were also changes made to the PFE.

(Courtesy of Air Education and Training Command News Service.)

Officers club	Dec. 20 – Jan. 4	Closed	ITT	Dec. 20 – 21	Closed		Jan. 2	11 a.m. – 9 p.m.
Enlisted club	Dec. 24 - 27	Closed		Dec. 22 - 24	10 a.m. – 2 p.m.		Jan. 3	11 a.m. – 11 p.m.
	Dec. 30 and Jan. 1	Closed		Dec. 25 – 28	Closed			
Auto Skills Center				Dec. 29 – 31	10 a.m. – 2 p.m.	Wind Creek Golf Course		
				Jan. 1	Closed	Pro Shop	Dec. 20 – 23	9 a.m. – 5 p.m.
	Dec. 21 – Jan. 3	Closed		Jan. 2	10 a.m. – 2 p.m.		Dec. 24	8 a.m. – 2:30 p.m.
				Jan. 3 – 4	Closed		Dec. 25	Closed
Ceramic Shop	Dec. 22 – Jan. 3	Closed	Library	Dec. 20 – 24	12 p.m. – 5 p.m.		Dec. 26 – 30	9 a.m. – 5 p.m.
				Dec. 25	Closed		Dec. 31	8 a.m. – 5 p.m.
CDC	Dec. 22 – 24	6:30 a.m. – 5 p.m.		Dec. 26 – 31	12 p.m. – 5 p.m.	Snack Bar	Jan. 1	Sunrise – 2:30 p.m.
	Dec. 25 – 26	Closed		Jan. 1	Closed		Dec. 20 – 23	7 a.m. – 2 p.m.
	Dec. 29 – 31	6:30 a.m. – 5 p.m.		Jan. 2 – 4	12 p.m. – 5 p.m.		Dec. 24	7 a.m. – 11 a.m.
	Jan. 1 – 2	Closed					Dec. 25	Closed
CAC	Dec. 19 – 24	Open 24 hours	Outdoor Rec.	Dec. 20 – Jan. 4	Closed		Dec. 26 – 31	7 a.m. – 2 p.m.
	Dec. 25 – 28	Closed					Jan. 1	7 a.m. – 11 a.m.
	Dec. 29 – 31	10 a.m. – 6 p.m.	Skeet range	Dec. 25 – Jan. 1	Closed	Youth Center	Dec. 22 – 24	10 a.m. – 5 p.m.
	Jan. 1	Closed					Dec. 25 – 27	Closed
	Jan. 2	10 a.m. – 6 p.m.	N. Bowling Lanes	Dec. 20 – Jan. 3	Closed		Dec. 29 – 31	10 a.m. – 5 p.m.
	Jan. 3	6 a.m. – 8 p.m.					Jan. 1	Closed
	Jan. 4	10 a.m. – 6 p.m.	S. Bowling Lanes			Student Center	Dec. 20 – 21	Open 24 hours
N. Fitness Center	Dec. 20 – Jan. 4	Closed		Dec. 20	11 a.m. – 10 p.m.		Dec. 22 – 24	10:30 a.m. – 10 p.m.
				Dec. 21	11 a.m. – 9 p.m.		Dec. 25	12 p.m. – 8 p.m.
S. Fitness Center	Dec. 20 – Jan. 4	5 a.m. – 10p.m		Dec. 22 – 23	11 a.m. – 8 p.m.		Dec. 26 – 27	10:30 a.m. – 10 p.m.
				Dec. 24	11 a.m. – 5 p.m.		Dec. 28	12 p.m. – 8 p.m.
				Dec. 25	Closed		Dec. 29 – 31	10:30 a.m. – 10 p.m.
				Dec. 26 – 31	11 a.m. – 8 p.m.		Jan. 1	12 p.m. – 8 p.m.
				Jan. 1	12 p.m. – 8 p.m.		Jan. 2	Open 24 hours

TMO closed today

The Traffic Management Office in Bldg. 402 will be closed today from 11 a.m. to 1:30 p.m. for an official office function.

Also closed will be the student TMO in Bldg. 551, cargo movement in Bldg. 2113 and N&N Travel in Bldg. 402.

For emergency assistance, call 781-1669.

Christmas card winner announced

The Christmas "cards" at the main gate were put up for decoration, but also competition.

The base legal office card was declared the winner of the competition. Congratulations to the legal team.

Jewish celebration materials available

Chapel services is offering free Chanukah materials for all Jewish personnel.

The Jewish celebration begins Dec. 19.

Materials available include Chanukah Menorahs, candles, Dreidels and a booklet entitled "Courage and Safety Through Faith."

Please call the chapel at 6-7276 or see Chaplain Mike Lovett to receive supplies.

Common Access Cards now available on walk-in basis

Beginning Dec. 15, personnel will not have to make an appointment to receive the new Common Access Card.

Walk-ins through customer service will be the only available process for those needing the CAC.

Customer service is located in Bldg. 402, Rm. 125. Duty hours are Monday through Wednesday from 8 a.m. to 5 p.m., Thursday from 9 a.m. to 5 p.m. and Friday from 8 a.m. to 5 p.m.



The office will be closed on weekends and holidays.

It is mandatory that all active duty members, Department of Defense civilians and appropriate contractors be issued the CAC.

This does not apply to students at this time.

One shuttle route available during Exodus

The shuttle bus system will have only one route from Dec. 22 to Jan. 2.

The Red Route will run as scheduled during the Holiday Exodus.

The Blue Route will not run again until Jan. 2.

A taxi service is available for individuals that might be affected by the cancellation of the Blue Route.

NCMA to meet Monday

The National Contract Management Association, Texoma Chapter 128, presents session No. 3 of "Learn to be a



Leader" Monday.

Lt. Col. Thomas Robinson, 82nd Contracting Squadron commander, will be the guest speaker.

The session will begin at 11:30 a.m. in the officer's club.

To RSVP for the session, call 6-1431.

Union to hold meeting

American Federation of Government Employees Local 1731 will be holding the next monthly union member's meeting in the community center at 4:45 p.m. Jan. 5.

The meeting will be in the small conference room next to the snack bar. These meetings are only open to members of Local 1731 or perspective members escorted and presented by a member in good standing.

For more information, contact the Local 1731 representative in your immediate area.

Sheppard chosen as asthma test site

Sheppard has been selected by the Department of Defense,

Wilford Hall and TRICARE Southwest to be one of the clinical locations for a new pediatric asthma study.

The decision was based on the remote population in this geographical region. The other clinical sites include Fort Sill in Lawton, Okla., and Tinker Air Force Base. The goal is to enroll 600 patients in this geographical region.

The research will examine the effectiveness of a call-based center for disease management program in lowering acute episodes of the asthmatic population. The program initiates a proactive education and monitoring system to better educate families and providers regarding asthma therapies and to help maintain optimum health and improve quality of life issues.

"We are seeking to improve the health of our military families while reducing the burden of asthma care on the military health service," said Air Force Lt. Col. James Quinn in San Antonio.

For more information or to volunteer, call Anna Penny-cuff, at 6-1737.

Student activities:

Happenings in the community

Student center

Monday, 6 to 8 p.m. - jam session, bring your own instrument or equipment, free.

Tuesday, 5 to 9 p.m. - Video Night in the pub, free.

Wednesday, 3 to 5 p.m. - pool tournament, \$2 per person.

Thursday, 7 to 9 p.m. - Karaoke Night, free.

Friday and Saturday, 7 p.m. to 1 a.m. - Club BDU dance, \$4 per person.

Sunday, 3 to 5 p.m. - pool tournament in the ballroom, \$5 per person.

Hours

Monday - Thursday: 10:30 a.m. to 10 p.m. Friday and Saturday: 10:30 a.m. to 1 a.m. Sunday: Noon to 10 p.m. Holidays: Noon to 8 p.m.

Red River Cafe

The café offers pizzas, calzones, hamburgers, chicken, a variety of salads and sub sandwiches including all-new Philly steak sandwich, a variety of drinks plus 14 flavors of ice cream and sherbet.

Wednesday and Thursday: 4:30 to 10 p.m.

Friday and Saturday: 11 a.m. to 11:30 p.m.

Saturday and holidays: Noon to 9 p.m.

Fitness incentive

Every Saturday, the fitness center offers a variety of exercise programs for students as part of the Fitness Incentive Training for Students program.

Two plastic chips are given to those who participate and one chip is given to those who attend.

The squadron that collects the most chips will win a prize at the end of the program. For more information, call 6-2972.

Dec. 13. - Dodge ball at the south fitness center beginning at 10 a.m.

Community center Pool tournament

The community center has pool tournaments every Saturday at 5 p.m. The fee is \$2 per person. First- and second-place winners win trophies. Call 6-7695 for more information.

Video night

The community center has a free video night every night beginning at 5 p.m. on the big screen TV in the lounge on the second floor. For more information, call 6-3866.



Birthday dinners

Students who are having a birthday this month and are on subsistence in kind are invited to celebrate their special day on the Friday of their choice for dinner. Students can contact the dining facility manager/supervisor, or call 6-2080 for more information.

Student Ministry programs

Solid Rock Cafe

Solid Rock Cafe is open every day at Bldg. 450.

Monday through Thursday, 7:30 a.m. to 9:30 p.m.; Friday, 7:30 a.m. to 11:30 p.m.; Saturday, 1 to 11:30 p.m.; Sunday, 1 to 9:30 p.m.

Sunday: Protestant Bible study, 4 p.m.; Contemporary Praise Worship Service, 5 p.m.

Monday: Time for Tots, 1:30 p.m.

Tuesday: Chapel Ropes Meeting, Tuesday, 11:15 and 4 p.m.; Catholic Mass, 5:15 p.m.

Wednesday: Parents and Tots, 10 a.m.; Parenting class, 3 p.m.

Thursday: Catholic Mass, 11:30 a.m.; Couples' Communication class, 2:30 p.m.

Saturday: Praise Band Rehearsal, 10 a.m.; Solid Rock Saturday Meal, 6:15 p.m., first and third Saturdays every month.

Top 3 develop outreach initiative for junior enlisted

The Sheppard Air Force Base Top 3 has unveiled a cutting edge tool to assist Junior Enlisted Troops.

This initiative is a result of an inquiry from the JETS who requested the support of the Top 3 in the area of providing guidance and assistance in a variety of areas to include the following: leadership & supervision; career assistance; and general informational areas.

It is important to note that this initiative is not intended to circumvent or replace the traditional chain of command. Members are encouraged to utilize their appropriate chain of command to solve problems at the lowest level.

In essence, we have created an additional vehicle for junior enlisted members to address questions and concerns in a non-attributional setting. Additionally, it provides the Top 3 with some "hands on" mentoring opportunities with the junior enlisted force.

Lastly, it puts the Wing Top 3 on the

forefront of taking care of the troops.

The following is how to use the ASKaSNCO initiative:

■ Member's requesting assistance can simply send an email to ASKaSNCO@sheppard.af.mil.

■ Email should include the following: rank, name, nature of concern and contact number.

■ A designated member of the Top 3 will be available to staff inquiries utilizing all available resources. (Other SNCOs, MPF, Finance, Legal, Social Actions, etc...)

■ An activity tracking form will be utilized by the Top 3 member to track the status of the inquiry until resolved.

■ The originator can expect to receive a response within 24 to 48 hours of receipt.

The Wing Top 3 stands ready and willing to assist.

(Courtesy Sheppard Air Force Base Top 3.)

Dining facility Exodus hours

The dining facility in Bldg. 516 will be the only facility open during the holiday exodus. All others will be closed through the holidays and resume normal operations by Jan. 4.

Dec. 20 - 21:

Breakfast: 7 a.m. - 9 a.m.
Lunch: 11 a.m. - 1 p.m.
Dinner: 4:30 p.m. - 6:30 p.m.

Dec. 22-24:

Breakfast: 6 a.m. - 8 a.m.
Lunch: 10:30 a.m. - 1 p.m.
Dinner: 4:30 p.m. - 7 p.m.

Dec. 25 - 28:

Breakfast: 7 a.m. - 9 a.m.

Lunch: 11 a.m. - 1 p.m.
Dinner: 4:30 p.m. - 6:30 p.m.

Dec. 29 - 31:

Breakfast: 6 a.m. - 8 a.m.
Lunch: 10:30 a.m. - 1 p.m.
Dinner: 4:30 p.m. - 7 p.m.

Jan. 1 - 2:

Breakfast: 7 a.m. - 9 a.m.
Lunch: 11 a.m. - 1:30 p.m.
Dinner: 4:30 p.m. - 6:30 p.m.

Jan. 3:

Breakfast: 7 a.m. - 9 a.m.
Lunch: 11 a.m. - 1:30 p.m.
Dinner: 4:30 p.m. - 7:30 p.m.



For more base activities,
check out Page 16.

Officials urge flu virus protection

By Army Sgt. 1st Class Doug Sample

American Forces Press Service

WASHINGTON (AFPN) – With flu season here and deadly outbreaks of the virus being reported across the country, Department of Defense health-care officials are urging servicemembers, DOD civilians and family members to get vaccinated.

Dr. David Tornberg, deputy assistant secretary of defense for clinical and program policy, advised the “most protective” measure to prevent or lessen the harshness of the virus is to get vaccinated annually.

Officials from the national Center for Disease Control and Prevention said the flu is caused by the influenza virus, which infects the nose, throat and lungs. The flu usually spreads from person to person when an infected person coughs, sneezes or talks, sending the virus into the air.

Unlike other viral respiratory infections like the common cold, the flu causes severe illness and can be life-threatening to many people. Symptoms include fever, headache, tiredness, dry cough, sore throat, nasal congestion and body aches. Dr. Tornberg said while the vaccine is not 100-percent effective in preventing the flu virus, it is “100-percent effective in reducing” the severity of symptoms that many people will encounter.

“And for many people, it is an absolute immunity against the virus,” he said.

Dr. Tornberg also suggested that people should take

Fast Facts

Flu shots will be given at the community center from 7 a.m. to 4 p.m. Tuesday to all DOD employees including contractors. If you have any questions please call the immunization clinic at 6-3757.

other preventive measures to protect themselves, such as avoiding or being in close contact with anyone who may have the flu.

He also stressed the importance of frequent hand washing. He said that hands transmit the virus, which can exist on surfaces.

In addition, he said that people should minimize contact between their hands, mouths and eyes.

“If their hands are contaminated, they can very well infect themselves through transmission through the eye and its secretions, the nose or oral pathway,” Dr. Tornberg said.

Another recommendation: lead a healthy lifestyle.

“Adequate rest and nutrition and hydration are very important as part of a daily approach keeping the body healthy to fight off disease,” he said.

These protective measures should become part of a person’s daily activities to keep from getting the flu virus, Dr. Tornberg said.

“Combined with the flu vaccine, personal health-care measures such as hand washing and hygiene all will go a long way to minimizing the chances of getting sick,” he said.

Although last year at this time DOD health officials were faced with a more serious form of respiratory illness – Severe Acute Respiratory Syndrome, or SARS – that is not the case this year.

Dr. Tornberg said World Health Organization officials have not reported any cases of SARS anywhere in the world and there are no reported cases among U.S. servicemembers.

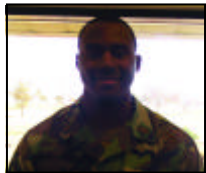
SARS has flu-like symptoms that include fever, body aches, headaches, sore throat, dry cough, shortness of breath or difficulty breathing. CDC officials said the syndrome may be associated with other symptoms including headache, muscular stiffness and loss of appetite, malaise, confusion, rash and diarrhea.

Nevertheless, Dr. Tornberg said if a person is experiencing symptoms of influenza or SARS, he or she should consult a doctor to obtain definitive care and diagnosis to prevent spreading the condition to friends, family and associates.

“That’s where public-health measures come into play,” he said. “The public needs to be proactive with regard to respiratory diseases. We need basically to stay aware, follow the news and understand where potential pockets of illness may be, whether it is flu or ... SARS.”

Soundoff

**What present would you
get for a servicemember
who can't be home for
Christmas?**



"A basket with a phone card and Bible verses that assures them they are in God's hands and everything is going to be okay,"
*2nd Lt. Brandon Pruitt,
82nd Civil Engineer
Squadron*



"A videotape of their family and a photo album of their family,"
*Staff Sgt. Danielle
Alexander,
82nd Medical Operations
Squadron*



"I would get them a video conference with their family,"
*Spc. Michael Threatt,
187 Medical Battalion*

Next week's question:

***What's your favorite family
tradition on Christmas?***

If you would like your answer printed in *The Sheppard Senator*, call us at 6-7246 or e-mail us at sheppardsenator@sheppard.af.mil.

Think before you drink. Hand your keys to your wingman or call Airmen Against Drunk Driving at 6-AADD for a ride home.

The do's and don'ts of driving on Sheppard

Do you ever ask yourself, "I wonder if it's okay to park here?" Or do you tell yourself, "I've seen people park here before, so surely it has to be okay," or "I don't see any signs for no parking."

Texas has so many traffic laws it's sometimes difficult to keep them all straight. All these laws are reciprocal when driving on a military installation.

For instance, it is indeed a violation of Texas traffic law to park against the flow of traffic when parallel parking; thus, avoiding a possible hazardous situation.

Personnel at the 82nd Security Forces Squadron report that an unusually high number of tickets are given for people parking in unauthorized parking spots. This includes parking in commander-reserved slots, double-parking and abusing the no parking signs during force protection conditions.

It's also a violation of Texas traffic code to stop, stand or park on a crosswalk. Although there is no requirement for drivers to stop for pedestrians waiting on the sidewalk to cross, drivers must yield to pedestrians already off the sidewalk.

In fact, pedestrians are actually legally obligated to stay on the curb and provide drivers with enough time to stop.

Not following the posted speed limit sign is another problem.

During busy times, security forces conduct "selective enforcement" of targeted areas; however, they do their best to concentrate on the gates and other possible dangerous areas.

Speed bumps are often used as a common deterrence to speeders in order to maintain the safety of pedestrians in the area.

(Courtesy of the 82nd Mission Support Group)

Health tips for holiday food safety

By Staff Sgt. Myron Thomas

Base Public Health

The holidays are upon us and with them come the foods and festivities of the season. Some of these foods can pose hazards that can ruin more than just holiday festivities—they can cause serious illness or even death.

Here are a few important food safety rules to ensure a healthy and joyful holiday season.

At some point during the season, turkey will likely find its way onto a dinner table. There are right and wrong ways to thaw, stuff and cook a turkey.

The safest way to thaw a frozen turkey is in the refrigerator and not on the kitchen counter.

To safely cook a turkey, maintain a cooking temperature of 325 °F. Do not start cooking the turkey one day and finish on the next. This would encourage the growth of illness-causing bacteria.

Although stuffing should reach 165° F, the inner thigh of the turkey should reach 180° F. The best practice is to cook the stuffing separately in a shallow pan.

Another safety rule to follow is cleanli-

ness. Keep your hands, utensils, and preparation surfaces clean. Always wash your hands, sink and utensils after they have come in contact with raw foods or eggs. This will prevent the transfer of any bacteria from food to individuals.

Eggs can be another source of illness if not properly cooked and handled.

Foods such as puddings, cream fillings and eggnog are risky items because they are often not cooked at high enough temperatures. When possible, the best food safety rule is to use pasteurized egg products in place of raw eggs when baking.

The proper handling of leftovers is the final food-safety rule.

After the big meal, be sure to refrigerate or freeze leftovers within two hours of cooking and eat them within four days if refrigerated. Turkey meat should be removed from the bone and stored separately from the stuffing and the gravy.

To serve the feast again, be sure to reheat the leftovers to at least 165 °F and reheat them only once.

For more information, contact the Public Health office at 6-5978 or 2374.

New Army Web site focuses on 'Way Ahead'

WASHINGTON (Army News Service) — "The Way Ahead" Web site went online Nov. 26 at <http://www.army.mil/thewayahead>, outlining the Army leadership's plan to increase wartime relevance and readiness and institutionalize a Joint and Expeditionary mindset.

The Army will reorganize its combat and institutional organizations, and redesign its formations to provide modularity and flexibility. It will also re-balance the Active and Reserve forces, and emphasize adaptability in leaders and Soldiers.

"The Way Ahead" Web site mirrors a pamphlet of the same name soon to be published, officials said.

To expedite change, Army Chief of Staff Gen. Peter J. Schoomaker established focus areas to immediately channel Army efforts.

Army agencies are finalizing plans for each of the focus areas below, with implementa-

tion decisions to be announced in the near future:

- Develop flexible, adaptive and competent Soldiers with a warrior ethos.

- Prepare future generations of senior leaders by identifying and preparing Army leaders for key positions within joint, interagency, multinational and Service organizations.

- Focus training at Combat Training Centers and in the Basic Command Training Program to meet requirements of the current security context and the Joint and Expeditionary team.

- Train and educate Army members of the Joint Team.

- Conduct a holistic review of Army Aviation and its role on the Joint battlefield.

- Accelerate fielding of select Future Force capabilities to enhance effectiveness of the Current Force.

- Leverage and enable interdependent, network-centric warfare.

- Create modular, capabilities-based unit designs.

- Retain campaign qualities while developing a Joint and Expeditionary Mindset.

- Redesign the force to optimize the active and reserve component mix.

- Ensure stability and continuity, and provide predictability to Soldiers and their families.

- Provide intelligence to commanders with speed, accuracy and confidence to impact current and future operations.

- Enhance installation ability to project power and support families.

- Clarify roles and enable agile decision-making.

- Redesign resource processes to be flexible, responsive and timely.

- Tell the Army Story so that the Army's relevance and direction are clearly understood.

(Editor's note: Information provided by Margaret McBride at Army Public Affairs.)

Navy announces need to separate some junior officers

WASHINGTON (NNS) — In another force-shaping move designed to better align officer end-strength with budgetary and force requirements, the Navy announced plans this week to release from active duty approximately 400 probationary junior officers.

Probationary officers are those with less than five years of commissioned service. The officers identified for release are currently serving in excess of requirements.

"This is a limited and targeted release of a very small number of officers and an integral part of our strategy to properly shape the force," Chief of Naval Personnel Vice Adm. Gerry Hoewing said. "The policy governing this action has actually been in place for a while, but we've not had to enforce it. Today, as the Navy moves to a more efficient and surge-ready force, maintaining the correct skill sets and individual performance is more important than ever."

Hoewing noted that each affected officer was notified personally by their respective commanding officer and given a full six months to make the transition to civilian life. There is an appeals process in place, and personnel officials also pointed out that the release date could be extended up to 90 days for those demonstrating "exceptional, personal circumstances."

Earlier transitions will also be supported.

"Separating these officers is not a decision we made lightly," Admiral Hoewing said. "We know and understand the impact this policy will have on them and their families."

"These officers have served proudly. As they leave active naval service, we want them to do so with a sense of our deep appreciation for their efforts and willingness to serve on behalf of a grateful nation and their Navy."

(From Chief of Naval Personnel Public Affairs.)

Centennial of flight

This week in air and space history

Dec. 9, 1965 – The Air Force announced that the 494th Bombardment Wing at Sheppard would be phased out.

Dec. 13, 1985 – Two balloon satellites were launched by USAF using Scout rockets. Balloons with orbits between 194 miles and 481 miles are to be targets for missiles launched from F-15 jet fighters.

Dec. 14, 1903 – Wilbur and Orville Wright flip a coin to see who will be the first to fly. Wilbur wins the toss, but the flight is unsuccessful.

Dec. 14, 1962 – Mariner 2 passed within 34,762 kilometers (21,600 miles) of Venus on December 14, 1962, and became the first spacecraft to scan another planet.

Dec. 16, 1970 – Venera 7 becomes the first craft to land on Venus.

Dec. 17, 1903 – The Wright Flyer lifts into the air at 10:35 am. The flight lasted only 12 seconds and covered a distance of just 121 feet (37 m). It is the first powered, manned, heavier-than-air, controlled flight.

Dec. 17, 1935 – The DC-3, the first successful passenger airliner, takes off for the first time from Santa Monica, Calif.

Dec. 18, 1903 – Only three newspapers in the United States mention the Wright Brothers' flight and their accounts are largely imaginative.

Dec. 18, 1958 – The first human voice transmitted from space was by an Atlas rocket. The voice from Project Score was that of President Eisenhower, a pre-recorded Christ-



mas greeting.

Dec. 18, 2001 – NASA sends final message to Deep Space 1, ending its three year mission to test high risk, advanced space technologies and capture the best images ever taken of a comet.

Sheppard Spotlight 15 lines of fame

1. **Name:** Kristin Sonustun
2. **Rank:** Staff Sergeant
3. **Organization and position:** 82nd Training Wing, functional systems administrator
4. **Hometown:** San Jose, Calif.
5. **Married or single:** Married to Staff Sgt. John Sonustun.
6. **Hobbies/Favorite thing(s) to do in your free time:** Two girls, Valerie, 5, and Samantha, 2.
7. **Funniest childhood memory:** Going places and spending quality time with my family
8. **Why did you join the Air Force?** Being enrolled in dance lessons and having absolutely no coordination.

9. **Why do you stay in the Air Force?** My dad made me! I had no direction.
10. **Date Arrived at Sheppard:** I enjoy my job and serving my country. Also for



11. **Most rewarding aspect of your job:** job security.
12. **Favorite book or movie:** Learning about new systems, programs and technology.
13. **What is your dream vacation?** "Finding Nemo"
14. **If you could be anyone for one day, who would you be?** Caribbean Cruise (Are you paying attention John?)
15. **Most prized possession:** Myself with half the stress and a lot more money.

My cell phone to call my mom.



Daily Programming

Sheppard Today ~ 6 a.m., noon, 5 p.m.
 Air Force News ~ 6:30 a.m., 12:30 p.m., 5:30 p.m.
 Navy/Marine News ~ 8 a.m., 2 p.m., 7 p.m.
 Army News ~ 8:30 a.m., 2:30 p.m., 7:30 p.m.

Programming runs 24 hours on TSTV Channel 14. Check out the detailed schedule at www.sheppard.af.mil/82trwpa

Friday

5:30 a.m. - Noble Success and Divine Gain

4 p.m. - Touch the Sky: OTS and Basic Officer Training

10:30 a.m. - African Americans in WWII

Saturday

7 a.m. - The Sound of Freedom: The Berlin Airlift

3 p.m. - The Memphis Belle

6 p.m. - 50 Years of the Uniform Code of Military Justice

Sunday

9 a.m. - Base Honor Guard: A Tradition of Excellence

3:45 p.m. - The Air National Guard in the Expeditionary Air Force

8:15 p.m. - Safety: Verma's Story

Monday

9:30 a.m. - Air Force Dietetics

10:30 a.m. - The Army in Action

8:30 p.m. - The Detroit Arsenal Tank Plant

Tuesday

4:30 a.m. - Women Air Force Service Pilots

11 a.m. - The Lance P. Sijan Story

1 p.m. - Heroes of Combat Camera

Wednesday

2 a.m. - Wind Through the Wires: WWI Aviation

10 a.m. - Basic Underwater Demolition: Navy SEAL Training

9:30 p.m. - Air Power over Kosovo: Command and Control

Thursday

11:30 a.m. - The Centennial of Flight

8 p.m. - Airlift

11:30 p.m. - Silver Wings, Golden Valor: Air Power During the Korean War

Don't Drink and
 drive. Call
 6-AADD for a
 ride home.

Holidays and separation can be a test for families

By Maj. Lynn Pauley

383rd Training Squadron

Holidays are tough times when a family member is deployed.

Dad is not there to hang the outdoor lights or set the blow-up Santa on the roof. Or, Mom is gone and no one else wraps presents quite as well.

These and other familiar scenes are sure to be part of the holidays among military family members.

But, there are various tips for coping with each situation but some common themes emerge:

Focus on the joys of the relationship. Sure, it is hard to be separated during the holidays. But think of those who have no one at all. A loved one separated by geography is still a loved one. Try to be grateful for those opportunities to share that do exist.

Think of ways to stay in touch with the deployed member. Let the loved one know they are loved and missed through cards, letters, and small packages. Photographs are always welcome, especially of children.

Continue on with life. No one benefits when life is "put on hold" while a spouse or parent is deployed. Try to

keep the children involved in activities they enjoy. Spouses need to socialize, take classes, enjoy hobbies, exercise.

Share with others. Make it a priority to spend time with extended family and friends. Let people help you. Allow friends to babysit, help around the house, bring you cookies. Ask for help when needed.

Separation is never easy; holiday separation is especially hard. But these tough times can benefit the family and the relationship in the end, by making us all more appreciative of each other and what joys we do share.



Photo by Mr. Mike McKito

"Two" Sweet

Ms. Maxine Thomas, a senior store associate at the main BX, stands in front of the new Cinnabon that opened Tuesday in the food court.

TEAM SHEPPARD

"Home For The Holidays"





General activities

Lake Texoma to have movie day

Lake Texoma will show free movies and serve popcorn Saturday beginning at 1 p.m. Call (903) 523-4613 for more information.

Christmas carol sing-along planned at Lake Texoma

Get into the Christmas spirit while spending the holidays at Lake Texoma.

The folks at the lake have planned a Christmas carol sing-along Dec. 20 from 1 to 4 p.m.

Cookies and hot cider will be provided.

Sheppard members can winter check cars at auto skills center

Sheppard personnel can now do winter checks on their cars at the auto skills shop.

The shop is open Monday, Thursday and Friday from 1 to 9 p.m. and Saturday and Sunday from 9 a.m. to 5 p.m.

Team Sheppard gets creative

The ceramics shop offers lessons and guidance for ceramic projects. All the materials needed to start creative projects are available.

More than 2,500 craft projects are available for lessons with a variety of paints, glazes and supplies.

The ceramics shop is located in Bldg. 832, the health and wellness center building.

Hours of operation are Wednesday-Friday from 11 a.m. to 8 p.m., Saturday from 10 a.m. to 5 p.m., and Sunday from noon to 5 p.m. For more information, call 855-0118.

Club activities

Enlisted club to host Christmas Family night

The enlisted club will host a Christmas family night Dec. 18 from 5:30 to 8 p.m.

Santa Claus is expected to make an appearance.

Enlisted club to have Latin night

The enlisted club is scheduled to host a Latin night Saturday from 10 p.m. to 2 a.m. Admission is free for members and \$5 for non-members. Call 6-2083 for more information.

Duffy's Bar to open

Duffy's Bar inside of the officers club will open at 4:30 p.m. Saturday. Call 6-6460 for more information.

Enlisted club gets in a Frenzy

The enlisted club is giving members chances to win a variety of prizes and trips with Football Frenzy 2003. For more information, call 6-2083.

Thursday - Drawing for tickets to the Pro Bowl in Honolulu, Hawaii. Meals, personal transportation and entertainment are the responsibility of the winner.

Officers club serves lunch deals

The officers club has daily lunch specials Monday through Friday. Cost is \$5.95 for members and \$7.95 for non-members. Membership pays!

On Mondays, they serve a country lunch. Tuesday is Italian. Wednesday is Texas style. Thursday is Mexican, and Friday is seafood.

Call the officers club at 6-6460 for more information.

Upcoming trips, show

ITT planning upcoming trips in December

ITT is planning several trips for the month of December. Call 6-6210 for more information about any of these trips.

Saturday - Shopping at Grapevine Mills. Cost is \$18 per person. Register by Monday. Departs at 9 a.m. from the community center. Tour includes round trip transportation.

Dec. 22 - Holiday Lights Tour on the local trolley. Cost is \$10 per person. Register by Thursday. Departs at 6 p.m. from the community center.



- Chapel schedule - Parish Ministries

Protestant Services

Sunday

Sunday School, 9:00 a.m., Bldg. 962

Community Worship, 10:30 a.m., North Chapel

Inspirational Gospel Worship, 10:30 a.m., South Chapel

Holy Communion

Worship, 10:30 a.m., Hospital Chapel

Weekday Bible Studies

Tue, 6:00 p.m. & Thu,

Noon, South Chapel

Protestant Men of the Chapel

Saturday, 6:30 a.m., south chapel
PMOC breakfast/fellowship is the second Saturday of the month at Golden Corral at 8 a.m.

Catholic Services

Saturday, confession, 4 to 4:30 p.m., north chapel

Sunday, Mass,

5 p.m., north chapel

Sunday, Mass,

9 a.m. and noon,

north chapel

Catholic religious education, pre-K through adult, 10:30 to 11:40 a.m., Bldg. 962

RCIA, 6 to 8 p.m., Bldg. 962

Daily Mass: Monday and Wednesday, 11:30 a.m., south chapel

Tuesday, 5:15 p.m., Solid Rock Cafe

Thursday, 11:30 a.m., SRC

For more information, call the base chapel at 6-4370

Protestant Religious Education

Sunday school classes, Bldg. 962, 9 a.m.

Tuesday night Bible study, 6 p.m., south chapel

Thursday noon Bible study, noon (lunch provided), south chapel

Protestant Women of the Chapel

Thursday night Bible study, 6 p.m.

Protestant Men of the Chapel Tuesday morning Bible study, 6 a.m.

AAFES Holiday Exodus hours

Main BX

Dec. 24 7 a.m. - 6 p.m.

Dec. 31 - Jan. 1 10 a.m. - 7 p.m.

Clothing sales

Dec. 22 - 23 9 a.m. - 2 p.m.

Dec. 29 - 30 9 a.m. - 2 p.m.

South Shoppette

Dec. 24 8 a.m. - 7 p.m.

Jan. 1 9:30 a.m. - 6 p.m.

North Shoppette

Dec. 26 9 a.m. - 4 p.m.

Jan. 2 9 a.m. - 4 p.m.

Class Six

Dec. 24 10 a.m. - 7 p.m.

Dec. 26 - 27 12 p.m. - 8 p.m.

Jan. 2 - 4 12 p.m. - 8 p.m.

Dec. 31 10 a.m. - 10 p.m.

Mini Mall facilities

Dec. 20 - Jan. 3 Closed

Beauty and Barber Shops

Dec. 25 and Jan. 1 Closed

Burger King

Dec. 24 9 a.m. - 3 p.m.

Dec. 31 - Jan. 1 10 a.m. - 5 p.m.

Airmen help improve C-130 night missions

By Master Sgt. Val Gempis

Air Force Print News

YOKOTA AIR BASE, Japan – Air Force survival equipment technicians are helping make Pacific Air Force nighttime airlift operations safer by replacing the interior insulation on C-130 Hercules aircraft during an ongoing refurbishment program here.

During night training, C-130 aircrews use Night Vision Imaging System equipment. The aircrew members said they had difficulty performing their nighttime missions with the bright green insulation on the flight deck and in the cargo area.

The 10-person survival equipment element from the 374th Maintenance Squadron here has been removing the green insulation in the C-130s and replacing it with newer NVIS-capable charcoal gray insulation assembled from scratch.

The unit supports C-130 cargo planes from here and Elmendorf Air Force Base, Alaska.

Armed with markers, ladders, scissors, screw drivers and garbage bags, airmen work their way around a C-130 carefully marking, modifying, removing and stowing the worn-out pieces in plastic containers.

“It takes quite a bit of time to modify the aircraft. It’s a lot of work. There are about 300 pieces of insulation on one C-130 aircraft,” Staff Sgt. William Brodie, a survival equipment technician, said.

These include all of the cargo pieces, the seat covers, bunks, armrests, dash covers, kick panels, throttle covers and bumper pads.

“We have a timeline of about one day to completely gut (an) aircraft and three to five days to (install) the new NVIS-capable insulation,” Sergeant Brodie said.

The team uses heavy-duty sewing machines to make precise designs and patterns for the new insulation. They also use semiautomated machines to install studs and cap fasteners on the material. The airmen said



U.S. Air Force photo by Master Sgt. Val Gempis

(Front to back) Airman 1st Class Brian Hiatt, Senior Airman Kyle Richardson, Airman Mark McMorris and Staff Sgt. Sam Farrell sew aircraft insulation pieces. The airmen are replacing the green C-130 Hercules aircraft interior insulation pieces here with the gray-colored ones during a refurbishing program. The airmen are all survival equipment technicians from the 374th Maintenance Squadron.

it takes about six weeks to produce all of the new custom-made insulation pieces.

“We’re proud to make an important contribution to the mission here,” Staff Sgt. Sam Farrell, a survival equipment technician, said.

Lightless holiday tree honors missing

By Rudi Williams

American Forces Press Service

ARLINGTON, Va. — Peggy Marish-Boos had been assigned here to the Defense POW/Missing Personnel Office for two years when she finally asked, “Why don’t we ever have a Christmas or holiday tree?”

“Somebody said the government doesn’t provide funds for such frivolous things,” said Ms. Marish-Boos, who then in 1998 was an Army master sergeant intelligence analyst. So she bought a tree with her own money.

“A couple of people found out that I’d spent \$100 of my own money,” she said, “so they pitched in.”

But a traditionally decorated Christmas tree with colorful lights and glittering ornaments is not what Ms. Marish-Boos had in mind. Her idea was to have an ornament-free, lightless tree decorated with nearly 2,000 3-by-5 cards featuring the name, rank of the serviceman and the

date they became missing in action. Each card was attached with a ribbon denoting the war from which the servicemember was missing.

“Red, white and blue yarn represents MIAs from Vietnam War, Korean War and the Cold War, respectively,” Ms. Marish-Boos said.

This year, she added a special touch — photographs of some of the missing servicemen. Debbie Landon, who works in the family section of the office’s communications directorate, helped decorate.

While attending the National League of Families annual meeting in 1999, Ms. Marish-Boos told the forum about the recognition tree. She asked them to send her a photograph of missing servicemen, which she would attach to the tree.

So far, only about 10 families have sent pictures. But Ms. Marish-Boos said that’s a start, and she hopes to have more photographs for next year’s tree. She puts the pictures in a plastic keychain and hangs them on the tree.



Photo by Rudi Williams

Retired Army Master Sgt. Peggy Marish-Boos, creator of the POW/MIA holiday tree, holds a picture of Army Cpl. Samuel C. “Sam Jr.” Harris was lost in the Korean War on Nov. 27, 1950.

Tips on getting in shape before new fitness tests

Not a runner? The following tips will assist you in preparing for a physical training program and reduce the risk of injury if you are not accustomed to regular, vigorous exercise.

Have a current periodic health assessment - Physician clearance is important to reduce risk of incident or injury.

Wear proper exercise attire - Wear loose, comfortable clothes that are adequate for exercise. For outdoor, impact activities such as running, proper shoes with adequate traction and support for the foot are critical.

Warm up - Every exercise session should begin with a warm up period, which is best accomplished by performing the activity of choice at a very low intensity.

Stretch - Following warm up (and again at the cool down), each major muscle group should be stretched and held (without bouncing) for 10 to 20 seconds. Stretching a cold muscle can lead to injury.

Start slow - Your aerobic training should be progressive. Begin at a comfortable level (for most beginning runners this is around 5mph or a 12 minute mile) and increase intensity slowly after a period of weeks.

Know your environment - Extreme hot/humid or cold temperatures may produce heat stress or hypothermia. Dehydration and medication can also increase the effect of exercising in the heat. Drink plenty of water before, during, and after exercise, and avoid medications (especially ephedra) that may increase the risk of incident.

(Courtesy of the Air Force Services Web site)



AF releasing new fitness instruction

by Staff Sgt. C. Todd Lopez

Air Force Print News

WASHINGTON – One of the most noticeable changes to the Air Force's new fitness program is that it will be defined by an operational rather than a medical instruction.

The change shows that senior leaders consider fitness an important part of operational readiness, said Maj. Lisa Schmidt, the Air Force chief of health promotions operations.

"As we support the aerospace expeditionary force and the environments we now deploy to, fitness becomes a readiness issue," Schmidt said. "If a person is fit, they are going to be able to tolerate austere environments, the fatigue and the temperature changes."

The full text of the Air Force's new fitness instruction will be available to the force before Jan. 1, she said. The planned release comes less than five months after the service's highest ranking officer told airmen there would be changes in the way the Air Force looked at physical fitness.

"The amount of energy we devote to our fitness programs is not consistent with the growing demand of our warrior culture," wrote Air Force Chief of Staff Gen. John P. Jumper in his July Sight Picture. "It's time to change that."

Besides making physical fitness a readiness requirement, the new instruction also puts an emphasis on commander involvement in unit fitness programs.

"If you look at the July Sight Picture, General Jumper says fitness is a commander's responsibility," Schmidt said. "This instruction puts more responsibility on the commander, not the medical community."

Among other things, the instruction requires unit and squadron commanders to implement and maintain a unit physical-training program and to offer the program at least three times a week.

The instruction also details methodology for conducting fitness evaluations. Schmidt said the instructions for conducting the push-up and crunch portions of the evaluation should be no surprise to airmen. They are the same instructions that have been used at the end of the cycle-ergometry test for the last two years.

"The only change is that the push-ups and crunches will be evaluated for one minute, instead of two minutes," Schmidt said.

The instruction also specifies how to conduct the aerobic portion of the test. Airmen will run on an outdoor course approved by the wing commander. During inclement weather, an indoor running track may be used. Treadmills will not be authorized for fitness evaluations.

The new fitness instruction takes effect Jan. 1, and will make obsolete the current fitness and weight-management instructions, Air Force Instruction 40-501 and AFI 40-502.

Fast Facts

- The new fitness program is now defined as an operational instead of a medical instruction.
- Push-ups and crunches will be tested for one minute, instead of two minutes.
- Airmen will run on an outdoor course approved by the wing commander.
- Unit and squadron commanders have to implement and maintain a unit physical-training program at least three times a week.

Navy edges Army in overtime 12 - 6

By UT1 (SCW) Mack Clary

NCTC Instructor
and

1st Lt. Benny Alvarez

D Company, 169th Engineer Battalion

For a few hours, some Team Sheppard members already knew the score to the annual Army/Navy football game. That's because a Navy detachment of students and an Army company of students hit the field to battle it out Saturday.

Although the score wasn't as lopsided as the college game, the Naval Construction Training Center Detachment's Seabees came away with the victory too, beating the 169th Engineering Battalion's Delta Company Soldiers 12 - 6.

After the Army won the coin toss, the score remained dead even at zero for the first half. The only highlight of the half was an interception by the Army's Raul Medina. This helped the Army drive down field to the 3-yard line with a chance to score. Unfortunately, time management was the enemy as the clock ran out in the first half, killing any chance for Army to score.

Things turned around during the second half for Navy. Within the first minute, offensive captain and quarterback Gregory Knight threw a 30-yard pass to wide receiver Anthony Olson. Olson weaved through the defense of soldiers for 30 yards to score the first touchdown of the game. The two-point conversion failed, leaving Navy with a 6 - 0.

"It was a nice, well executed play," said Olson.

"The [Army] defense was pretty tight," said Knight. "I would have liked to have had some of those guys on our team."

The Navy defense, led by defensive captain Glen Cook, stalled the Army's offense for the better part of the second half.

"Defense wins games," said Cook.

The Army's only score came with just under a minute left to play in the second half thanks to a highly contested fifteen-yard touchdown pass from Army quarter-



Courtesy photo

Navy quarterback Gregory Knight prepares to get the ball hiked to him during the Army/Navy football game at Sheppard. The Navy won the game 12 - 6 in overtime.

back Jason Gibson to wide receiver Travis Tutt.

The two-point conversion failed leaving the score locked at 6 - 6. And that's the way it remained until the end of regulation time.

After reviewing with the team coaches, the officials decided to bypass normal intramural flag-football rules and adopt the college four-play sudden death tiebreaker play to determine the victor.

With the Army winning the coin toss and taking the ball first, the Navy's defense once again stood up to the challenge and stopped the Army's four attempts to score from the 20-yard line. But Army's defense was just as effective, stopping three of Navy's plays from the 20-yard line, as well.

The final play of overtime came on a touchdown pass from QB Knight to wide receiver Javier Rivera in the

corner of the end zone.

"I knew I was going to be open, I'd been open the whole game, it was just a matter of getting the ball to me," Rivera said. "When the defender jumped too early, it was like [the play went into] slow motion; the ball just fell into my hands."

"This [Navy] team showed remarkable talent for having only practiced one week," said head coach Anthony Savala.

After the game, both teams met at the center of the field to congratulate each other on a well-played game.

"This game between the students is a great tool to build esprit de corps, it's all about the students," said the Navy's Detachment Officer in Charge, CW02 Bruce Coskie.

Navy sinks Army 34 - 6

Philadelphia, PA – Kyle Eckel rushed for 152 yards and two touchdowns, helping the Navy Midshipmen record a 34-6 victory over the Army Black Knights and capture the Commander in Chief's Trophy in the 104th meeting of America's Classic from Lincoln Financial Field.

Craig Candeto completed 4-of-9 pass attempts for 55 yards and rushed for 68 yards off of 18 carries, as Navy (8-4) finished the regular season winning two of its last three games.

Eric Roberts had only 38 rushing yards for the Midshipmen, but was able to find the endzone twice and lead the team in receiving with two catches for 31 yards.

Eckel and Candeto became the first tandem in Navy history to go over 1,000 yards rushing each in the same season. Candeto has rushed for 1,022 yards, while Eckel has rushed for 1,178 yards via the ground.

Zac Dahman passed for 115 yards and threw two interceptions, pacing the Black Knights (0-13) in their 15th straight defeat, which is the nation's longest current losing streak. Carlton Jones registered Army's only score of the game, while rushing for a team-high 39 yards off of 16 carries.

The Midshipmen wasted no time putting points on the board, scoring on their first drive of the game with a one-yard touchdown run by Roberts. The Black Knights stopped Navy twice at the goal line before Roberts went in untouched, as the drive was marked by 14 straight running plays for the Midshipmen.

Army answered with its lone score near the start of the second quarter, as Jones was able to find the end-zone on a one-yard run. The Black Knights however botched the extra-point attempt when the holder was unable to secure the snap, allowing the Midshipmen to still have a 7-6 advantage.

Navy extended its lead to four points near the end of the second period when Eric Rolfs nailed a 38-yard field goal for the Midshipmen.

Rolfs registered his second field goal of the quarter with 27 seconds remaining in the second period, this one coming from 41 yards away and gave the Midshipmen a 13-6 lead heading into the locker room.

Navy came out of the break firing and scored 21 unanswered points, starting with Roberts registering his second touchdown of the contest on a two-yard scoring run with 5:11 left in the third quarter. It was the opening drive of the second half for the Midshipmen, who marched down the field 80 yards for the score.

The Midshipmen tacked on 14 more points when Eckel scored back-to-back touchdowns in the fourth quarter, including a 16-yard run and then a 12-yard scoring scamper, giving Navy its decisive 28-point victory.

(Courtesy Navy News Service)

Bowling standings

Pos.	No.	Team Name	Won	Lost
1	2	365 TRS "C"	74	30
2	25	82 COMM "A"	72	32
3	6	882 TRG	63	41
4	1	365 TRS "B"	62	42
5	18	362 TRS "B"	62	42
6	21	187 Med Bn	60	44
7	14	Bowling Pro Shop	60	44
8	7	363 TRS "Ammo"	58	46
9	16	360 TRS	58	46
10	17	366 TRS "A"	57	47
11	5	82 CES	57	47
12	22	381 Med Red	55	49
13	9	82 MSS/SVS	55	49
14	15	365 TRS "D"	54	50
15	13	382 TRS "A"	52	52
16	24	363 TRS Armament	52	52
17	10	383 TRS	52	52
18	19	82 CPTS	51	53
19	11	362 TRS "A"	50	54
20	20	364 TRS "A"	47	57
21	8	80 FTW "A"	46	58
22	27	382 "BMET"	45	59
23	28	82 Services Squadron	44	60
24	4	361 TRS	44	60
25	3	364 TRS "B"	39	65
26	12	82 CS "B"	34	70
27	26	80th OSS	29	75
28	23	SPS	24	80

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